

Winter & Spring 2009

Highland Parks and Recreation



2450 Lincoln Street

Highland, IN 46322

(219) 838-0114

www.highlandparks.org

Winter 2009

Highland Parks & Recreation

2450 Lincoln Street
Highland, Indiana 46322
Phone: 219-838-0114
Fax: 219-972-7584
www.highlandparks.org

Office Hours: 8 am – 10 pm, seven-days a week
Closed February 16 & May 25

Park & Recreation Staff

Alex Brown, CPRP	Superintendent
Chris Kubisz	Park Director
Angie Clark	Recreation Director
Ruth Hashu-Roorda	Recreation Supervisor
Leslye Keil	Recreation Supervisor

Park & Recreation Board

Dennis Tobin	President/Library Board Rep.
Carlos Aburto	Vice President
Edward Dabrowski	Secretary
Thomas Arnold	Member
Carolyn Turich	Member
Larry Vassar	Member/School Board Rep.
Mark Herak	Town Council Liaison
Rhett Tauber	Attorney

Highland Town Council

Bernie Zemen, President	1 st Ward
Mark Herak	2 nd Ward
Dan Vassar	3 rd Ward
Brian Novak	4 th Ward
Konnie Kuiper, Vice-President	5 th Ward

Clerk Treasurer

Michael Griffin, IAMC, CMC, CPFA

Highland Historical Society

Highland's Historical Society maintains a museum at the Lincoln Center.

Open Saturdays 10 am-12 pm.

For more information contact 219-838-9935.

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Highland Sport Groups

Youth Softball

Joe Grzymski
922-0645
hysajoe@yahoo.com

Girls' Basketball

Dale Fieldhouse
922-4455
922-8450 (fax)

Highland Hurricanes

Youth Soccer

Jerry Tuel
www.highlandsoccer.org
924-7819

Yvette Jania

www.highlandhurricanes.net
838-4643

Little League

Dan Vassar

www.highlandll.com
924-1945

Pop Warner Football

Nora Sorrell
www.highlandpopwarner.com
923-1451

Babe Ruth

Ed Stowe
www.highlandbaberuth.com
678-4844

Special Events

Daddy/Daughter Dance Night

Highland Residents come enjoy the music, dancing, raffle, and refreshments. Music by Sensational Sounds. Fox Photography Pictures available for additional cost.



Ages: 5-13 (Highland Residents Only)

Date: Friday, February 13

Time: 7-9 pm

Location: Lincoln Center

Fee: \$15 per couple (\$20 week of dance, no tickets sold on Friday of the dance) \$5 for each additional daughter (\$6 week of dance)

Middle School Dances

Once a month, we will be hosting a dance for Highland Middle School Students. Each dance features a D.J. and concession stand.

Ages: 7th and 8th Grade

Date: January 23 (New Year's Theme)

February 20 (Turnabout)

March 20 (Mardi Gras)

April 24 (Semi-Formal Prom)

Days: Fridays

Time: 7-9 pm

Location: Lincoln Center

Fee: \$3 in advance, \$5 at door

Notes: Must show a school ID with photo or parent must show their photo ID with Highland residency. School dress code is enforced.

Spring With a Fling Fashion Show

Thursday, March 19th, 2009

Wicker Park Social Center

The event starts at 5:30 pm with a silent auction

Tickets will be \$40 or \$30 for those 18 and under or 50 and over. Champagne Dinner and Fashion Show included in ticket price.

Contact the Highland Chamber of Commerce for more information, 219-923-3666.

Easter Egg Hunt

Highland Parks and Recreation is hosting an Easter Egg Hunt at Sharp Athletic Complex. This event held rain or shine! Must pre-register at the Lincoln Center. No Sign-ups day of hunt. Must bring receipt to enter gate.

Night Egg Hunt

Ages: 10-13

Date: Friday, April 3

Time: 7:30 pm Sharp! (Bring Flashlight)

Event Location: Sharp Athletic Complex

Registration Location: Lincoln Center

Registration Deadline: Thursday, April 12

Fee: \$5/\$8 per child

Limit: 75 children

Day Hunt

Ages: 6-9

Date: Saturday, April 4

Time: 11:30 am Sharp!

Event Location: Sharp Athletic Complex

Registration Location: Lincoln Center

Registration Deadline:

Thursday, April 12

Fee: \$3/\$5 per child

Limit: 75 children



Pre-School Hunt

A pre-school Egg Hunt is held at the Lincoln Center the Saturday before Easter at 10 am. Contact Joan Ray of the Highland Key Club for more information 923-6376.

Breakfast with the Easter Bunny

Join the Easter Bunny and other friends for a continental breakfast sponsored by the Highland Chamber of Commerce. Door prizes. Photos with the Easter Bunny (additional cost). Tickets are limited and must be purchased in advance.

Saturday, April 4, 2009

Highland High School Cafeteria

8:30 am or 10 am

Tickets \$5

Special Events

Cooperative Special Recreation Initiatives

CSRI is a cooperative venture seeking ways to increase recreational opportunities for individuals of all ages who have special needs and abilities.

The following agencies are affiliated with CSRI:

Community Hospital, Crown Point Parks and Recreation, Dyer Parks and Recreation, Highland Parks and Recreation, Lake County Parks, Merrillville Parks and Recreation, Munster Parks and Recreation, Schererville Parks and Recreation & St. John Parks and Recreation

CSRI Carnival

Highland Parks and Recreation will be hosting this special event. There will be a bounce castle, volleyball, basketball, crafts, balloon animals, face paint & more!

Ages: All

Date: Sunday, January 18

Time: 1-3 pm

Location: Lincoln Center

Fee: Free

Contact: 219-838-0114

Notes: This event is for people with special needs and their families

Bumper Bowling on January 28

Arthur and Friends on February 2

Bowling on April 1

Munster Parks and Recreation: 836-7275

Ice Skating at Deep River Water Park in February

Lake County Parks: 769-7275

Bowling in March

Crown Point Parks and Recreation: 661-2271

Bingo on April 18

Dyer Parks and Recreation: 865-2505

These events are for people with special needs and their families.

Flea Market w/ Card & Comic Show

Do you have some unique items in your home? Do you like the idea of making some money by selling some of your second-hand items? Join us at our Flea Markets.

Date: Saturdays, March 21, May 2, August 1, Oct. 17 & Nov. 21

Time: 9 am – 4 pm

Location: Lincoln Center

Vendor Fee: 10' x 10' Price: \$30/day

Public Entry Fee: Free

Notes: Tables and Chairs NOT provided

Registration Deadline: one-week prior to selling goods

Street Market

Do you grow produce or have a local business that sells food? Do you create unique, homemade items? Join us to showcase your business & serve our community.

Ages: All

Date: Saturdays, June 13 – October 24

(No Market July 4 and Midwest Zest Fest)

Time: 9 am – 1 pm

Location: Main Square

Vendor Fee: \$20/week, \$90/9-weeks, \$160/18-weeks

Public Entry Fee: Free

Registration Deadline: one-week prior to selling goods

Arts & Craft Show & Vendor Fair

Have a special talent for creating homemade arts and crafts? We are looking for vendors who have unique products to offer our diverse community.

Date: April 18 & 19

Time: Saturday 9 am – 4 pm & Sunday 11 am – 3 pm

Location: Lincoln Center

Vendor Fee: 10' x 10' Price: \$50/2-day show

Wall Space: \$75/2-day show

Public Entry Fee: Free

Notes: Table and Chairs NOT provided.

Past Crafters Receive Priority Over Space if Registered by Deadline. After Deadline, Spaces will be Distributed to New Craft Vendors and All Direct Sales Vendors.

Registration Deadline: March 20

Special Events

Highland Community Band

Rehearsals

Open to anyone from the area high school age or older. Rehearsals are under the direction of Greg Jasek. Greg will prepare this volunteer group for free public performances at the Lincoln Center Fieldhouse.

Ages: High School and Older

Days: Wednesdays

Time: 7-9 pm

Location: Highland Middle School Band Room

Notes: We would like to thank the School Town of Highland for their generous use of their band room and equipment.

Winter Performance

Ages: All

Date: Sunday, December 14th

Time: 7 pm

Location: Wicker Park

Fee: Donation to Highland Emergency Fund

Spring Performance

Ages: All

Date: Sunday, March 29th

Time: 7 pm

Location: Lincoln Center Fieldhouse

Fee: Free

Park Pride Day

Join the Highland Parks and Recreation Department for a Community Clean-Up at our local parks. Afterward, meet us at the Lincoln Center to receive your free t-shirt and eat a free barbeque lunch! Contact Alex Brown at 838-0114 for your park assignment.

Saturday, April 18th
9 am—Noon



Pinewood Derby

This race is not limited to Boy Scouts or even just boys. This race is open to anyone ages 5 and Up. Dads, do you remember your own race days and want to compete again? Moms, would you like to show off your own skills for building a car? Bring your car to the Lincoln Center to race against other Pinewood Enthusiasts.

Ages: All

Date: January 30

Time: Check-in 5:30 pm & Races 6 pm

Location: Lincoln Center

Fee: \$8/\$11

Prizes: 1st Place, Best Design (by secret ballot) & Best Effort

Registration Deadline: two-weeks in advance

Big Wheel Derby

Drivers ages 3-5, get ready to start your engines. Bring your own big wheel (clean plastic wheels only) and helmet. Sorry, no tricycles. Decorate your vehicle like the pros and get ready for a fast paced race around the track. Each age group will race separately. Placement will be your registration number. (First person registered will be on the inside lane on the track and so on.) By request last year, parents race while we tally scores.

Ages: 3-5

Date: February 1

Time: 12-1 pm

Location: Lincoln Center

Fee: \$15/\$20

Registration Deadline: one-week in advance



Adult Fitness

Ballroom Dancing

Beginners Only

Ages: Adult
 Date: February 9-March 30, April 20-June 8
 Days: Mondays
 Time: 6 pm Hustle, Rumba, Foxtrot, and More
 7 pm Jitterbug, Cha-Cha, Waltz, and More
 8 pm Swing, Mambo, Tango, and More
 Fee: \$27/\$30 (1 hour/week for 8 weeks)
 Limit: Min. 8/Max. 20
 Notes: Instructor, Sara Dalton, Leather sole shoes recommended If the instructor desires, partners will be switched throughout the class
 Registration Deadline: one-week in advance

Advanced Only

Ages: Adult
 Date: February 5-March 26, April 16-June 4
 Days: Thursdays
 Time: 6 pm Hustle, Rumba, Foxtrot, and More
 7 pm Swing, Mambo, Waltz, and More
 8 pm Bolero, Cha-Cha, Tango, and More
 Location: Lincoln Center
 Fee: \$27/\$30 (1 hour/week for 8 weeks)
 Limit: Min. 8/Max. 20
 Notes: Instructor, Tim Dustin, Leather sole shoes recommended If the instructors desire, partners will be switched throughout the class
 Registration Deadline: one-week in advance

Fitness

Hi-Low Aerobics

Exercise to the sounds of the 50's through the 90's with fun & unique cardiovascular, energy building, dance-style aerobics. With hand weights and floor exercises you will tone, increase flexibility, and build strength. Modifications offered to include your level/pace.
 Session 1: January 13-February 19
 Session 2: March 3-April 9
 Session 3: April 21-May 28
 Session 4: June 9-June 25
 Days: Tuesdays and Thursdays
 Time: 6-7 pm or 7-8 pm
 Location: Lincoln Center
 Fee: \$32/\$35 (6 weeks) or \$16/\$17.50 (3 weeks)
 Limit: Min. 8/Max. 30
 Notes: Instructor, Christine Podgorny, Sign-up Early, Classes Fill Quickly
 Registration Deadline: one-week in advance

Water Aerobics

Water resistance helps the range of motion, muscle tone, endurance, and coordination.
 Date: January 19-February 11, February 18-March 16 (off 2/16), March 18-April 22 (off 4/6, 4/8, 4/13)
 Days: Mondays and Wednesdays
 Time: 8-9 pm
 Location: Highland High School
 Fee: \$32/\$35 (2 class/week for 4 weeks)
 Limit: Min. 5/Max. 30
 Notes: Instructor, Janis Joseph, bring swimsuit, towel & water bottle, dates may change due to H. S. swim team.
 Enter Middle School lot, rear entrance, Natatorium

Belly Dancing

For the Average, Everyday Goddess

Learn the basics of belly dance and shimmy your way to fun. Learn head slides, hip circles, dance routines and more. Egyptian cabaret, traditional style, etc. will be explored. Anyone can learn and no previous dance experience necessary. Bring a water bottle and be prepared to have fun! All shapes and sizes welcome. Hip scarves available from instructor.
 Registration Deadline: One-Week Prior to Session
 Limit: Min. 3 / Max. 25
 Notes: Taught by Christine LeVan aka Shekhina Noor

Session 1: January 9-February 27
 Session 2: March 13-May 1 (off April 10)
 Session 3: May 15-July 3
 Session 4: July 17-September 4
 Days: Fridays
 Time: 7-8 pm
 Location: Lincoln Center
 Fee: \$55/\$58

Adult Sports & Fitness

Mens' Open Basketball League

This league is for participants 18-years and older. The format will be determined by registration. Teams must wear shirts with numbers. There is a six team max. for this league. When registering, please state your jersey color to avoid duplicates.

Date: March 3-May 12 (off March 24)

Days: Tuesdays

Time: 6-10 pm

Location: Lincoln Center Fieldhouse

Fee: \$480 per team

Limit: 6 Team Max.

Notes: 10 games

Co-Rec Volleyball League

The league format will be determined by registration. We follow a 6 on 6 format with high school rules. This league is for anyone 18-years or older and not participating in high school sports.

Ages: 18 and older

Dates: February 25-May 6 (off March 25)

Day: Wednesdays

Time: 7-10 pm

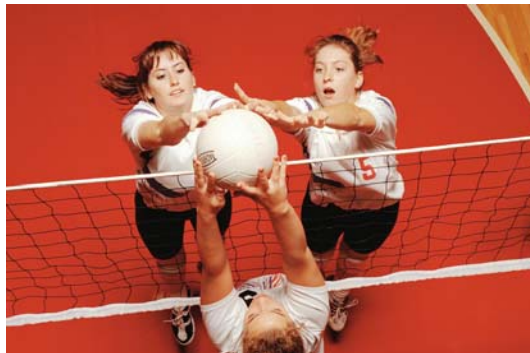
Location: Lincoln Center

Fee: \$350

Limit: 6 Team Max.

Registration Deadline: February 16

Notes: 10 games



Highland Table Tennis Center

Want a place to play table tennis? The Highland Table Tennis Center is a USATT affiliated center that is open year round to the public. This center is available for open play, leagues and tournaments.

Ages: All, 10 and Under Must be With Adult

Dates: All Mondays (Closed on Sept. 1)

Time: 5-9:30 pm

Location: Lincoln Center

Fee: \$3 per visit without membership



Stroller Strides

Stroller Strides is the country's largest fitness program for new moms. Classes offer a stroller workout that combines Power Walking and intervals of body toning using the stroller, the environment and exercise tubing. It's a great way to get in shape, meet other new moms and have fun with your baby. In addition to the classes, Stroller Strides offers Luna Mom Clubs with fun playgroup activities and community offerings.

Session 1: Jan: 6, 8, 12, 15, 20, 22, 27, 29 (T/TH)

Session 2: February: 3, 5, 10, 12, 17, 19, 24, 26 (T/TH)

Session 3: March: 3, 5, 10, 12, 17, 19, 24, 26 (T/TH)

Session 4: March 30, April: 1, 6, 8, 13, 15, 20, 22 (M/W)

Time: 9:30-10:30 am

Location: Lincoln Center Fieldhouse

Fee: Cost \$48/\$51 per session

Registration Deadline: One-Week Prior to Session

Limit: Min. 2 / Max. 15

Notes: Taught by Dannielle Carroll

Adult Dance & Exercise

Essence of Dance

Boot Camp Blast

A 50-minute moderate/intense total body military workout. It's designed to blast away problem areas.

Dates: 1/26-3/16 & 3/23-5/18 (off 4/6)

Day: Mondays

Time: 10:20-11:10 am

Fee: \$100/\$103 (per 8-week session)

Belly Dancing:

This is great exercise while learning the art of belly dancing.

Dates: 1/27-3/17 & 3/24-5/19 (off 4/7)

Day: Tuesdays

Time: 9-9:55 pm

Fee: \$100/\$103 (per 8-week session)

Dance Aerobics/Body Sculpt

Shake it to all the newest and classic songs during this moderate aerobic workout class. You will be taught new steps and combinations for a non-stop dance frenzy. This class is split into 30-minute dance aerobics and 15-minutes of intense body sculpting using light hand weights.

Dates: 1/28-3/18 & 3/25-5/20 (off 4/8)

Day: Wednesdays

Time: 9-9:45 pm

Fee: \$85/\$88 (per 8-week session)

Location

All classes will take place at
Essence of Dance Studio
2014-2016 45th Avenue
Highland, IN 46322

Please Register at the Lincoln Center!

Yogalates

Looking for a strong, firm core? This is the class for you. Yogalates is designed to give you all the yoga exercises and poses you love in combination with pilates. Firm toning core exercises with hip & leg exercises. This class is designed to help increase your balance, stability and overall core strength.

Dates: 1/29-3/19 & 3/26-5/21 (off 4/9)

Day: Thursdays

Time: 7-7:55 pm

Fee: \$100/\$103 (per 8-week session)



Cardio Kickboxing

This is an intense aerobic activity which focuses on speed, coordination, & stamina. This is great for those looking to lose weight and have fun!

Dates: 1/31-3/21 & 3/27-5/23 (off 4/11)

Day: Saturdays

Time: 10:15-11 am

Fee: \$100/\$103 (per 8-week session)

Location

All classes will take place at
Essence of Dance Studio
2014-2016 45th Avenue
Highland, IN 46322

Please Register at the Lincoln Center!

Adult Sports & Fitness

Softball

Manager/Seeding Meeting:

March 27 at 6 pm held at the Lincoln Center
2450 Lincoln St. Highland, IN 46322

Date: April 13-August 23

Registration Begins: February 2

Registration Deadline: Fees due by March 25th or when League Fills

Notes: Bring your team fee and preliminary roster.

All weekday leagues will utilize some Fridays for games. Saturdays will be used for **ALL** rainouts.

21 Game Season

Fee: \$350 (per team)

Men's Teams:

Mondays (16)

Tuesdays (24)

Wednesdays (24)

Thursdays (32)

Co-Ed Teams:

Mondays (16)

Wednesdays (8)

Women's Teams:

Tuesdays (8)

14 Game Season

Fee: \$250 (per team)

Men's Teams:

Sunday (16)

10+ Individual Fees:

When 10 or more pay on the same receipt at same time.

Highland Resident \$25 (21 game) or \$15 (14 game)

Non-Resident \$35 (21 game) or \$25 (14 game)

10 or less Individual Fees:

When less than 10 are paid at the same time.

Highland Resident \$30 (21 game) or \$20 (14 game)

Non-Resident \$40 (21 game) or \$30 (14 game)

Yoga

Relaxation

Yoga

Experienced yoga instructor, Michael LaRocca, has been instructing since 1970, including Moraine Valley Community College, 1972-present, and Purdue University Calumet, from 1976-1994. Yoga classes include relaxing exercises which relieve tension and restore good health, breathing techniques for a higher level of vitality, meditation for calmness and clarity of mind.

Ages: 16 and Older

Date: January 7-February 25 (8 week session)

March 4-April 22 (8 week session)

April 29-May 20 (mini-session)

Day: Wednesdays

Time: 6:15-7:40 pm (Beginners)

7:50-9:15 pm (Intermediate)

Location: Lincoln Center

Fee: \$79/\$82 (1 class/week for 8 weeks)

Limit: Min. 8/Max. 20

Notes: Wear comfortable clothing and bring a towel or blanket

Registration Deadline: one-week in advance



Zen Meditation

Ages: 15 and Older

Date: January 7-28, Feb. 4-25, March 4-25, April 1-22

Days: Wednesdays

Time: 8-8:45 pm

Location: Lincoln Center

Fee: \$3

Registration Deadline: one-week in advance

Notes: Instructor, Richard Hansen.

Strength

Pilates & Intro to Vinyasa

Improve your quality of life, feel rejuvenated, defeat your aches and pains, combat depression, strengthen and unite your body, mind, and spirit. Part of this class will focus on toning and tightening the “powerhouse” (core ab muscles). The rest of the class focuses on the introduction of vinyasa; linking yoga asanas together in a continuous flow combining breath & movement, generating heat as we go. Gain focus and clarity, strength and stamina, increase flexibility while toning and shaping your body. You will have increased energy, endurance, and feel more relaxed and centered than before. Bring a yoga mat, block, strap, & small square pillow.

Pilates & Intro to Vinyasa

Session 1: January 5-February 9

Session 2: February 23-March 30

Session 3: April 13-May 18

Session 4: June 1-July 6

Day: Mondays

Time: 7-8:15 pm

Fee: \$55/\$58 per session

Limit: Min. 6/Max. 15

Notes: Instructor, Kimberley Venturella, Certified Hatha Yoga Instructor

Intermediate Vinyasa

This class is for students who have been through at least two sessions. It is a more rapid pace than the intro. class. This class focuses strongly on linking the breath to movement in a Vinyasa format. You will gain a balance of strength and flexibility, work the abs—hardcore which yields weight loss around the hips thighs, and abs! It unites breath and movement freeing the mind so the practice becomes a rhythmic dance.

Intermediate Vinyasa

Session 1: January 7-February 11

Session 2: February 25-April 1

Session 3: April 15-May 20

Session 4: June 3-July 8

Day: Wednesdays

Time: 7-8:15 pm

Fee: Cost: \$55/\$58 per session

Limit: Min. 6/Max. 15

Notes: Instructor, Kimberley Venturella, Certified Hatha Yoga Instructor

Adult Programs

Adult Colored Pencil

This course is designed for beginners and advanced students. Students will learn colored pencil techniques such as cross hatching, blending, burnishing on a variety of surfaces. Using prismacolor pencils, students will explore the diversity of this medium and create interesting compositions.

Ages: Adult

Session 1: January 12-February 23

Session 2: March 9-April 27 (off 4/13)

Session 3: May 11-June 22

Session 4: July 6-August 17

Days: Mondays

Time: 2-4 pm or 7-9 pm

Location: Lincoln Center

Fee: \$35/\$38 (1 class/week/7 weeks)

Notes: Instructor: Fred Holly, Class Supply List Available at the Lincoln Center

Baby Signs

This course is designed to teach parents the rationale for using baby sign, basic signs, ways to implement signs in everyday activities, and the opportunity to practice signs in play with their child.

Ages: Adults & Babies 8-18 months old

Session 1: January 10-March 7 (off 2/15)

Session 2: March 21-May 16 (off 4/11)

Days: Tuesdays

Time: 9:30-10:15 am (8-12 months)

10:30-11:15 am (13-18 months)

Location: Lincoln Center

Fee: \$100/\$105 (per session)

\$25 Material Fee Paid to Instructor (first class)

Limit: Max. 5 students

Notes: Instructor, Stacey Killeen, M.A. Speech Language Pathology

Registration Deadline: one-week in advance

Beginning Guitar Lessons

Interested in learning the basics of guitar including: chords, tablature, and strumming? Students will learn songs ranging from Green Day to Beatles, Tom Petty to Madonna. Bring your own acoustic or electric guitar (amps not allowed). Classes taught by HGS Music and they will provide the music.

Ages: 10 years and older

Session 1: January 17-March 7

Session 2: March 21-May 9

Days: Saturdays

Time: 10-11 am

Location: Lincoln Center

Fee: \$85/\$90 (1 class/week/8 weeks)

Limit: Min. 10/Max. 20

Registration Deadline: one-week prior to class

Beginning & Advanced Knitting

Beginners Learn the basic methods of knitting including: cast-on, knit, purl, cast-off, read gauge, and begin a simple scarf. Advanced learn how to purl, read pattern and terms and make various small projects.

Ages: High school & older (Jr. high with instructor's permission)

Session 1: January 14-February 18

Session 2: February 25-April 1

Days: Wednesdays

Time: 7-8:30 pm (Beginner)

5:30-7 pm (Advanced)

Location: Lincoln Center

Fee: \$8/\$11 (1 class/week/6 weeks)

Limit: Min. 3/Max. 12

Notes: Instructor: Jamie Gunnink, supplies not included: 1 scan Red Heart yarn & 1 set of size 9 needles (bamboo size 6 or 8 recommended for advanced class)



Youth Gymnastics

Tumble Bear

Parent-Tot

An interactive program for parent and child featuring a gymnastic program designed just for them. Age appropriate skills are taught on balance beam, vault, bars, tumbling, air track, and air mat equipment. Hand-eye coordination, movement to music and body awareness are included in these classes.



Ages: Walking-3

Date: January 6-27, February 3-24, March 3-24, March 31-April 21, April 28-May 19, May 26-June 16

Days: Tuesdays

Time: 10:15-10:50 am

Location: Lincoln Center

Fee: \$29/\$32 (1 class/week for 4 weeks)

Limit: Min. 6/Max. 14

Notes: Wear comfortable clothing, no jeans and gym shoes must be worn

Registration Deadline: one-week in advance

Preschool Gymnastics

New skills, new friends and fun introduced. Increasing self-worth, self-confidence while enjoying gymnastics. Students will experience balance beam, vault, bars, tumbling, air track variety, and air mat equipment. Age appropriate skills taught with new skills each session.



Ages: 3-5

Days: Tuesdays 9:30-10:05 am or 5:45-6:20 pm

Date: January 6-27, February 3-24, March 3-24, March 31-April 21, April 28-May 19, May 26-June 16

Location: Lincoln Center

Fee: \$29/\$32 (1 class/week for 4 weeks)

Limit: Min. 6/Max. 14

Notes: Wear comfortable clothing, no jeans and gym shoes must be worn

Registration Deadline: one-week in advance

Grade School Gymnastics

Participate in our skill program developed to challenge students. Experience balance beam, bar, vault, air track, air mat tumbling. Concentration will be on gymnastic skills, hand-eye coordination, rhythms, cooperative activities, and stunts. Ribbons earned as each skill is perfected. Learn at your own pace.

Ages: 4-12

Days: Tuesdays, 4:15-5:00 pm

Date: January 6-27, February 3-24, March 3-24, March 31-April 21, April 28-May 19, May 26-June 16

Location: Lincoln Center

Fee: \$29/\$32 (1 class/week for 4 weeks)

Limit: Min. 6/Max. 14

Notes: Wear comfortable clothing, no jeans and gym shoes must be worn

Registration Deadline: one-week in advance

Be a Star Gymnast

This program teaches the skills needed to be successful in cheerleading: cartwheels, handstands, round-offs, splits, and other tumbling skills needed. Cheers, chants, stunts, motions, and jumps will all be included.

Ages: 5-12

Days: Tuesdays, 5-5:45 pm

Date: January 6-27, February 3-24, March 3-24, March 31-April 21, April 28-May 19, May 26-June 16

Location: Lincoln Center

Fee: \$29/\$32 (1 class/week for 4 weeks)

Limit: Min. 6/Max. 14

Notes: Wear comfortable clothing, no jeans and gym shoes must be worn

Registration Deadline: one-week in advance



Youth Dance & Summer Camp

Essence of Dance

Essence of Dance Pre-Ballet

This class is geared toward improving coordination while learning basic steps and positions. Need pink or black ballet shoes & prefer solid pink or black leotards. Parents must wait in hallway during classes, observation day held last class.

Ages: 3-4

Date: January 30-March 20, March 27-May 22 (off 4/10)

Days: Fridays

Time: 1-1:45 pm

Location: Lincoln Center

Fee: \$64/\$67 (1 class/week for 8 weeks)

Limit: Min. 6/Max. 12

Registration Deadline: one-week in advance

Essence of Dance Ballet/Tap

Basic ballet & tap introduced. Need pink ballet shoes & black tap shoes & prefer solid pink or black leotards.

Ages: 4-6

Date: January 30-March 20, March 27-May 22 (off 4/10)

Days: Fridays

Time: 1:45-2:30 pm

Location: Lincoln Center

Fee: \$64/\$67 (1 class/week for 8 weeks)

Limit: Min. 6/Max. 12

Registration Deadline: one-week in advance

Essence of Dance Jazz/Hip Hop

Basic jazz & tap techniques will be taught while having fun grooving to Hannah Montana & High School Musical songs. Need gym shoes & black tap shoes & prefer solid pink or black leotards.

Ages: 4-6

Date: January 30-March 20, March 27-May 22 (off 4/10)

Days: Fridays

Time: 2:30-3:15 pm

Location: Lincoln Center

Fee: \$64/\$67 (1 class/week for 8 weeks)

Limit: Min. 6/Max. 12

Registration Deadline: one-week in advance



Summer Day Camp

Jr. Campers K-3 Grades & Sr. Campers 4-6 Grades

Join our camp staff for games, crafts, songs, and sport activities. Prorated rates available for shorter sessions.

Ages: 5-12 (upon start of camp)

Date: Session I: June 8-26

Session II: June 29-July 17

Session III: July 20-August 7

Location: Lincoln Center

Fee: \$390/\$405

Registration Begins: March 16

Limit: Max. 40 children per session

- Before Care Available 7 am – 8:30 am*
- After Care Available 4:30 pm – 5:30 pm*
- One Field Trip per Session*
- Closed Toe Shoes, Sack Lunch, & Drink Required
- Health Form & Payment Required with Registration
- To ensure proper staffing for kids, must be on-time for pick-up & drop-off
- * = Additional Fee

Youth Fitness

Middle School Basketball League

This league will consist of six teams that will play in a ten game season. Everyone receives a t-shirt. The first place team receives winner t-shirts. Teams will be determined by a player draft with the coaches.

Ages: Middle School

Practice Begins: March 2, Determined by Coaches

Games Begin: March 17-May 19

Location: Lincoln Center Fieldhouse

Fee: \$40 per person

Registration Deadline: February 22

Notes: Highland youth or children attending Highland Schools may participate. Games held Tuesday nights.

High School Basketball League

Teams will play a 10 game season. Teams must wear shirts with numbers. There is a ten player per team maximum. The first place team will receive winter t-shirts. Highland students only not participating in an interscholastic basketball team.

Day: Wednesdays

Date: March 11-May 13

Time: 7-10 pm

Location: Lincoln Center Fieldhouse

Fee: \$210 per team

Registration Deadline: March 1

Notes: No individual sign-ups

Biddy Bowling

Join us at Plaza Lanes to enjoy a game of bumper bowling each week.

Ages: 4-11

Date: February 7-March 7

Days: Saturdays

Time: 11:30 am-12:30 pm

Location: Plaza Lanes, 8101

Kennedy Ave.

Fee: \$30/\$33

Notes: This is a non-instructional program

Registration Deadline: January 30



Teen Urban Belly Dance

Learn the belly dance basics with traditional music as well as hip hop/urban beat. No previous dance experience required. Bring a water bottle and be prepared to have fun! All are welcome! Hip scarves available from instructor.

Session 1: January 9-February 27

Session 2: March 13-May 1 (off April 10)

Session 3: May 15-July 3

Session 4: July 17-September 4

Days: Fridays

Time: 6-7 pm

Location: Lincoln Center

Fee: \$55/\$58

Registration Deadline: One-Week Prior to Session

Limit: Min. 3 / Max. 25

Notes: Taught by Christine LeVan aka Shekhina Noor

Youth Self Defense

Hapkido

Ages: 7-11

Date: January 5-28, Feb. 2-25, March 2-25, April 6-29

Days: Mondays and Wednesdays

Time: 6-7 pm

Location: Lincoln Center

Fee: \$50/month & \$25/month for additional family members registered during same session

Notes: Instructor, Rick Hansen, ICHF 5th Dan Master

Registration Deadline: one-week in advance

Combat Hapkido

Ages: 12 and Older

Date: January 5-28, Feb. 2-25, March 2-25, April 6-29

Days: Mondays and Wednesdays

Time: 7-8 pm

Location: Lincoln Center

Fee: \$50/month & \$25/month for additional family members registered during same session

Notes: Instructor, Rick Hansen, ICHF 5th Dan Master

Registration Deadline: one-week in advance

Toddler Music

Kindermusik

Free Kindermusik Demonstrations— Register for One Day!

Wednesday, January 7 or January 14

Time: 9:30-10:30 am

This will be a combined demonstration for all age groups (newborn—5 years old)

Register by January 5th by calling Highland Parks and Recreation 219-838-0114

Kindermusik Village: Newborn—1.5 years (lap babies, crawlers & toddlers)

The children in this age group are changing more rapidly than at any other time in their development. Two key elements to Kindermusik Village are variety and repetition. Home activities help involve and educate the parent about the importance of baby's musical learning and reinforce concepts learned in this class. *Village* introduces multiple levels of activities appropriate for the different stages of development in this age range. Relaxation and social times are built into the 45-minute lesson to meet adult needs. Parent/Caregiver participation is required.

Hickory, Dickory, Tickle and Bounce is focused on further feeding a baby's language development through the rhythmic nature of nursery rhymes. You and your child will also discover plenty of implied movement activities throughout the semester with many additional movement concepts—like up and down—incorporated into the literature book. Favorite songs and activities from *Hickory, Dickory, Tickle and Bounce* include "Peek-a-boo," "Baa Baa Black Sheep," "Beat the Drum," "Roll That Ball," "Sulla Lulla," and "The Blackbird." (7-weeks)

The Rhythm of My Day: With an introduction to sign language and highlighted by the concept of a family's daily rituals and routines, *The Rhythm of My Day* is designed to help parents incorporate music into many of the regular routines found throughout their daily life. Lesson focuses also highlight several other key concepts like diversity of sound, stop and go, syncopation, and singing. Favorite activities and songs featured in *The Rhythm of My Day* include "Let Me Call You Sweetheart," "Golden Slumbers," "Walk All Around," and "Ally Bally." (8-weeks)

Day: Wednesday

Dates: February 4-May 20 (off 3/25)

Time: 9:15-10 am

Fee: \$160/\$165

Materials Fee: \$70 paid to instructor

Registration Deadline: 1/23/09

Min. 4/ Max. 10

Kindermusik Our Time— for children 18 months* to 3+ years (*18 months old by January 31, 2009)

The key element to Kindermusik *Our Time* is the use of developmentally appropriate guidelines. Children learn through interaction with materials, adults, other children and their environmental space. Exploration Time encourages your child's discovery of instruments, textures, sounds and movement. The anticipation and rewards of listening are introduced, and with turn-taking activities, social skills blossom. This class prepares your child for the independence of pre-school. Parent/caregiver participation is required.

Fiddle-dee-dee: Creatures of the animal kingdom, whether furry, web-footed, hooved, winged or whiskered, are the subject matter for *Fiddle-Dee-Dee*. Animal sounds, which are so appealing to children, naturally prompt imitation and provide abundant active listening and vocal play material. In the context of moving like animals, we will focus on concepts such as high, low, smooth, bumpy, fast and slow. On the At Home CDs, you will hear a clear emphasis on the stringed instrument family with instruments such as the mandolin, banjo, lute, classical and folk guitar, harp, string quartet, and double bass. (15-week class)

Day: Wednesday

Dates: February 4-May 20 (off 3/25)

Time: 10:30-11:15 am

Fee: \$160/\$165

Materials Fee: \$60 paid to instructor

Registration Deadline: 1/23/09

Min. 4/ Max. 10

Kindermusik Imagine That!— for children 3+ years— 5 years (*3 years old by October 1, 2008)

The class is designed for children to attend without an adult for about 30-35 minutes and then parents/caregivers and siblings join the class for the last 10-15 minutes for sharing time. The first day of class parents stay for the entire class with no siblings. Within the lessons and at home, your preschooler's unique affinity to learn through play is the foundation to this musical curriculum.

Cities! Busy Places— Friendly Faces—"People on the go, rushing everywhere—in the city!" Meet the Busy Places and Friendly Faces of Cities! - the unit where we will co-create a city that is familiar, yet like no other. And a city that is really many "cities" in one. There's a city of music songs, recorded works and city sounds. There's a city of the imagination—of three-and four-year-olds being whoever they imagine themselves to be today: a broom man, or maybe an opera singer? There's a city of stories—of lost dogs and found dogs and of a globetrotting photographer. (15-week class)

Day: Wednesday

Dates: February 4-May 20 (off 3/25)

Time: 1-1:45 pm

Fee: \$170/\$175

Materials Fee: \$70 paid to instructor

Registration Deadline: 1/23/09

Min. 4/ Max. 8

Preschool

Wiggles and Giggles

This program is designed to assist in the socialization of toddlers with other children. This non-structured play group is for parents and toddlers. Children meet once a week to play with safe toys while meeting and playing with others. Parents assist with the children's playtime and crafts.



Ages: 1.5-2.5
Date: Session 1: January 5-April 27 (off 2/16, 4/6, 4/13)
 Session 2: May 4-August 24 (off 5/25 & 6/22)
 Session 3: August 31-December 14 (off 9/7)

Days: Mondays
Time: 10:35-11:30 am
Location: Lincoln Center
Fee: \$67/\$77
Limit: Min. 5/Max. 20
Registration Deadline: one-week in advance

Tots of Fun

The 3-year old who is ready to leave mom for a short time will enjoy this introductory preschool class. Songs, games, numbers, colors, and shapes introduced.

Ages: 3
Date: January 5-April 27 (off 2/16, 4/6, 4/13)
Days: Mondays, 9-10 am
Location: Lincoln Center
Fee: \$67/\$77
Limit: Min. 5/Max. 20
Registration Deadline: one-week in advance

Preschool

Preschool for 3-5 Year Olds

Preschool classes are structured to teach proper school behavior. Throughout the year children will work on sharing, building vocabulary & expression with show and tell, learn alphabet, shapes, numbers, colors, cutting with scissors, crafts, listening skills and building increased attention span by listening to stories. Children must be fully potty trained and able to leave mom for the full two-hours each class.

Instructors: Ms. Lynne, Ms. Rhnee, and Ms. Andrea
Open Registration: December 1
Location: Lincoln Center
Notes: Must bring a healthy snack, drink, and backpack to carry class projects

Ages: 3/4 year old

Date: January 6-April 30 (off 2/12, 2/17, 4/7, 4/9)
Days: Tuesdays & Thursdays
Time: 8:45 am-10:45 am
Fee: \$176/\$186
Limit: Min. 6/Max. 12



Ages: 3/4-year old

Date: January 6-April 30 (off 2/12, 2/17, 4/7, 4/9)
Days: Tuesdays & Thursdays
Time: 12-2 pm
Fee: \$176/\$186
Limit: Min. 6/Max. 12

Ages: 4/5-year old

Date: January 5-May 1 (off 2/13-2/16 & 4/3-4/13)
Days: Mondays, Wednesdays & Fridays
Time: 8:45-10:45 am
Fee: \$225/\$235
Limit: Min. 6/Max. 16

Ages: 4/5-year old

Date: January 5-May 1 (off 2/13-2/16 & 4/3-4/13)
Days: Mondays, Wednesdays & Fridays
Time: 12-2 pm
Fee: \$225/\$235
Limit: Min. 6/Max. 16

Day & Overnight Trips

Washington DC: April 30-May 5

Enjoy motorcoach transportation as you travel to Washington DC. The trip includes 5 nights of lodging including 3 consecutive nights in the Washington DC area. Eight meals are included (5 breakfasts and 3 dinners). Two full-day guided tours of Washington DC. The tours feature the new WW II Memorial, Capitol Hill, Embassy Row, The White House, The Smithsonian and more!

Deposit: \$75 due upon signing
Cost: \$509 per person, based on double occupancy
Add \$170 for single occupancy
Final Payment Due: 2/22/2009

Cape Cod & Plymouth: June 14-June 20

Enjoy motorcoach transportation as you travel to the quaint Cape Cod area. The trip includes 6 nights of lodging including 4 consecutive nights in the Cape Cod area. Ten meals are included (6 breakfasts and 4 dinners). This trip features a visit to Plymouth, MA and famous "Plymouth Rock." There is a visit to lovely, artistic Martha's Vineyard. You will explore the historic seaside towns of Hyannis and Sandwich. You will go on a tour of the "Outer Cape", including Provincetown and Chatham. You will also get to visit the JFK Museum.

Deposit: \$75 due upon signing
Cost: \$579 per person, based on double occupancy
Add \$180 for single occupancy
Final Payment Due: 4/8/2009
Limit: Min. 30/Max. 44

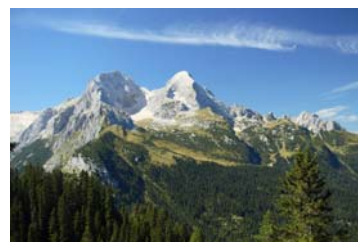
Trip Policy

Day and overnight trips are booked throughout the year. Destinations may vary from musicals, casinos, shopping, dinner theaters, festivals and more. Information regarding trips is available through flyers, brochures, newsletters, and the website. Payment in full is required when registering for day trips. Refunds will not be granted, unless a wait list is available and your spot can be taken. You may find a replacement for yourself. Notify the Park Office of the person taking your place. Refunds subject to \$3 processing fee.

Colorado: September 26-October 4

This trip includes motorcoach transportation and 8 nights lodging with 4 consecutive nights in Colorado. You will receive 14 meals (8 breakfasts and 6 dinners). Tour the Garden of the Gods. Visit the United States Air Force Academy. See Colorado's "Natural Wonder" - the Royal Gorge. Visit historic Manitou Springs at the foot of the famous Pikes Peak. Gaming at Cripple Creek in a historic western setting.

Deposit: \$75 due upon signing
Cost: \$729 per person, based on double occupancy
Add \$255 for single occupancy
Final Payment Due: 7/21/2009



Blooming Again: March 11

Chicago Flower & Garden Show

After a two-year absence, the Chicago Flower & Garden Show is returning to Chicago's Navy Pier in 2009. Join us as we catch "Spring Fever" as the Pier's Festival Hall comes alive with the sweet aromatic smell of fresh flowers and is aglow in a kaleidoscope of color. Leisurely stroll the lush themed gardens of the Midway and stop to see the hands-on demonstrations that will give you ideas for your spring gardens. Other themed gardens include the Garden Gourmet featuring top chefs from Chicago and beyond, the Photography Garden which showcase floral and landscape images, and a Marketplace, selling unique garden related products. Afterwards, enjoy a delightful lunch at Bubba Gump's Shrimp Company at Navy Pier.

Fee: \$74/\$77
Departure: 9:30 am
Return: 3:30 pm
Limit: Min. 30/Max. 44

Senior Citizens

Senior Meetings

Anyone 55 years or older are invited to attend these meetings. Meetings are twice a month except for June, July, August, November, and December when there is only one meeting. The meetings are held the second and fourth Thursday of each month at 1 pm at the Lincoln Center. Meetings may consist of guest speakers, entertainment, door prizes, and bingo. Throughout the year special holiday luncheons or picnics are held for members. Baked goods are provided by our members through the baking committee. Anyone who attends the meetings will be asked to sign-up to bake. Highland residents unable to drive to a meeting should call the Park Office at 219-838-0114 and will be placed on a ride list.

Newsletters

Newsletters about upcoming events and meetings are available every three months at the Lincoln Center.

Trips

Day and overnight trips are booked throughout the year. Destinations may vary from musicals, casinos, shopping, dinner theaters, festivals and more. Information regarding trips is available through flyers, brochures, newsletters, and the website. Payment in full is required when registering for a trip. Refunds will not be granted, unless a wait list is available and your spot can be taken. You may also find a replacement for yourself and notify the Park Office of the person taking your place. All refunds subject to a \$3 processing fee.



Nutrition Program

A nutrition site is offered at the Lincoln Center weekdays from 9 am-12:30 pm. Hot lunches are served at 11:30 am for a \$2 donation if the participant is over 60-years of age. Reservations must be made in advance by contacting Dorothy at 219-838-0114 between 9 am-12:30 pm.



Transportation

Certain elderly and handicapped persons in the greater Hammond area may be eligible for limited basis transportation services. For more information call LCEOC at 219-882-6159 or Dial-A-Ride at 219-932-2530. The Town of Highland also sponsors a subsidized taxi program for seniors and handicapped. Eligible riders can get a half price discount (up to \$5). Applications are available at Town Hall, 3333 Ridge Road or call 219-838-0114 for more information.



Wellness

American Red Cross

Blood Drives

If you are at least 17 years of age, weigh a minimum of 110 pounds, are in good general health, you may be eligible to donate blood. Please bring your donor card or positive identification with you when you come to donate.

Date: Jan. 6, Feb. 3, Mar. 3, April 7, May 5

Days: Tuesdays, 1 pm-7 pm

Location: Lincoln Center

Notes: Please call 1-800-GIVE-LIFE to schedule your blood donation appointment

Blood Pressure Check

Healthchek

No Health Insurance? High Deductible? Healthchek offers affordable blood work without hidden fees!

Dates: Feb. 20, April 17, June 19

Time: 9-10 am

Location: Lincoln Center

Notes: Basic Profile includes metabolic panel, lipid panel, complete blood count only \$45, Fasting recommended, drink lots of water, take medications as directed

Hormones Gotcha Down?

Bio-identical Hormone

Replacement Therapy Seminar

Are you confused about Hormone Replacement Therapy? Do you suffer from PMS, or night sweats, anxiety, depression, mood swings, loss of concentration or memory, or sleep disturbances? Learn about the benefits of plant-based hormones identical to those your body makes and how to work with your healthcare professional to determine your hormone levels and specific needs. Question and Answer Session follows.

Ages: Adult

Date: Thursday, April 16

Time: 6:00-7:30 pm

Location: Lincoln Center

Fee: \$5/\$8

Limit: Min. 3/Max. 22

Notes: Seminar presented by Nathan Damasius, PharmD, of Vyto's Pharmacy of Hammond and Highland

Usui Reiki Workshops

4 Hour Workshops

Come explore the history of Traditional Usui Reiki and be attuned to healing energy. Learn how to use this energy for yourself, your pets, and others. Reiki is a Japanese healing modality, meaning "Universal Life Force Energy". Students will receive an instruction manual and certificate after completion. Must be 18 or older to enroll.

Level 1 & 2:

Ages: 18 and older

Date: Saturdays, Jan 10 or Feb. 7 or March 7

Time: 9 am-1 pm

Location: Lincoln Center

Fee: \$105/\$110

Registration deadline: 2 weeks prior to workshop

Notes: Instructor, Christine LeVan, Reiki Master Teacher Levels 1 & 2 are taught together. Upon completion, student is a qualified Reiki practitioner and can send the healing energy.

Prerequisite: None required

Advance Level:

Ages: 18 and older

Date: Saturday, March 28

Time: 9 am-1 pm

Location: Lincoln Center

Fee: \$105/\$110

Registration Deadline: 2 weeks prior to workshop

Notes: This is the adjunct between Level II and Master Level. IN advanced, students learn distant healing techniques and how to create a crystal grid to aid in healing.

Prerequisite: Level I & II

Master Level:

Ages: 18 and older

Date: Saturday, June 6

Time: 9 am-1 pm

Location: Lincoln Center

Fee: \$105/\$110

Registration Deadline: 2 weeks prior to workshop

Notes: Upon completion of this workshop, students are entitled to use the Reiki Master designation. Students will learn how to do Reiki attunements in this workshop.

Prerequisite: Level I & II and Advanced

Registration Information

General Information

All registrations are conducted in-person or via mail at the Lincoln Center Park Office located at 2450 Lincoln Street, Highland, IN 46322. Cash or Checks payable to Highland Parks and Recreation are accepted forms of payment. No phone registrations available. Registration is available during normal business hours.

Pre-registration required one-week in advance for all programs. All area residents are welcome to participate in Highland Parks and Recreation programs. The first price listed in the brochure is for Highland Residents, the second price listed is for all non-residents. All programs and classes are on a first-come, first-served basis. Timely registration is encouraged. Patrons who fail to abide by the Highland Parks and Recreation rules may result in cancellation from program with NO refund.

Pro-Rated Refunds

When a refund is requested and approved patrons will be granted the amount for any remaining classes less any fees for that program, and a \$3 processing fee will be deducted. No refund will be granted the day of a program, or once a program has concluded. No cash refunds are permitted, even if you registered on the same day. All refunds are paid by checks issued once a month by the Parks and Recreation Board.

Trip Refunds

If the Highland Parks and Recreation Department is responsible for cancelling a trip, there is no processing fee and a check will be issued. Payment in full is required when registering for a trip. Refunds will not be granted, unless a wait list is available and your spot can be taken. You may also find a replacement for yourself and notify the Park Office of the person taking your place. All refunds subject to a \$3 processing fee.

Insurance

Individual medical insurance is not provided by the Highland Parks and Recreation Department. Individuals are responsible for their own insurance. Trip insurance is encouraged for anyone who registers for any overnight trip. Information for travel insurance is available when patrons register for trips.

Non-Sufficient Checks

A \$7.50 fee will be assessed to those presenting N.S.F. checks for programs. This fee must be paid at the Town Hall **BEFORE** one can participate in the program the N.S.F. check was issued. If more than one N.S.F. check is written in any one year, no further checks will be accepted. Cash payment will be required for all further programs.

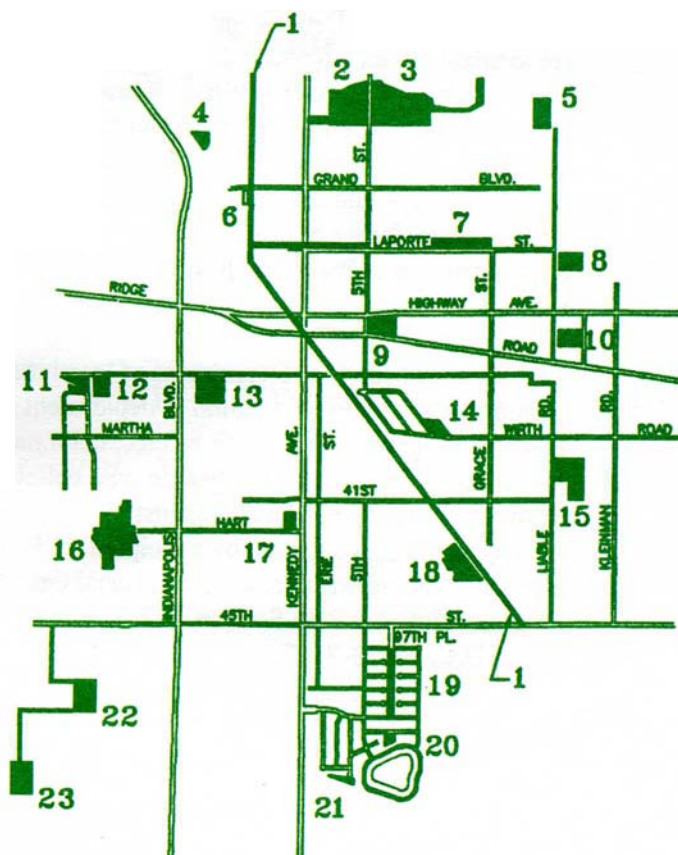
Notice

Highland Parks and Recreation Department programs and facilities are available to all citizens regardless of race, color, national origin, sex, age, or disability. Reasonable accommodations may be requested to provide participation in desired programs and activities. If you have a disability condition and would like more information and support for accessibility of programs and facilities, contact the Superintendent for Parks and Recreation at 219-838-0114. Regulations of the U.S. Department of Interior strictly prohibit unlawful discrimination in departmental Federally Assisted Programs. Any person who believes he or she has been discriminated against in any program, activity, or facility operated by a recipient of Federal Assistance should write to: Director, Equal Opportunity Program, National Park Service, P.O. Box 37127, Washington, D.C. 20013.

Park Facilities

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
												x											Administration
		x	x		x	x		x	x	x	x	x	x	x	x	x	x	x	x		x	x	Playground Equipment
	x	x	x						x			x		x	x		x						Ball Diamond
		x												x	x		x						Picnic Shelter
			x							x				x	x			x					Tennis Courts
		x	x			x					x	x	x	x					x				Basketball Courts
						x			x					x	x								Soccer Field
		x										x		x	x								Volleyball Courts
	x	x						x				x		x	x		x						Washrooms
	x	x	x					x	x	x		x	x	x	x		x						Drinking Fountain
												x											Meeting Rooms
	x	x												x	x		x						Lighting
x		x		x		x						x		x	x			x				x	Walking/Jogging Path
										x													Gazebo
	x	x							x			x		x	x		x						Ample Parking
		x		x			x								x								Nature Area
										x													Mid-way Area

1. Erie-Lackawanna Trail
2. Sharp Athletic Complex: 8071 Kennedy Ave.
3. Homestead Park: 8000 Parrish & 8003 5th St.
4. Northwood Park: 2431 81st St.
5. "Unnamed Park": 8200 Liable Rd.
6. Grand Park: 2600 Grand Ave.
7. Little Turtle Park: 3201 LaPorte St.
8. Toth Park: 3800 LaPorte St.
9. Main Square: 3001 Ridge Rd.
10. Orchard Park: 8720 Orchard Dr.
11. Brantwood Park: 2030 Lincoln Ave.
12. Meadows Outlet: 2020 37th Pl.
13. Lincoln Center: 2450 Lincoln St.
14. Petit Park: 9040 Cottage Grove Ave.
15. Sheppard Park: 9217 Liable Rd.
16. Meadows Park: 8400 Southmoor Ave.
17. Fletcher Park: 2715 Hart Rd.
18. Markley Park: 9505 Saric Dr.
19. Lakeside Park: 3046 97th Pl.
20. Jaycee Park: 3040 101st St.
21. Lakeside Outlet: 10144 4th Pl.
22. Terrace Park: 2220 Terrace Dr.
23. White Oak Park: 2020 Briarwood Ln.



Park Facilities

Cross Town Bike Trail

The Erie-Lackawanna Trail in Highland is 4 miles long. The jurisdiction and maintenance of this facility falls under the Highland Parks and Recreation Department. Therefore, park rules must be abided while utilizing the trail. Motorized vehicles are prohibited. However, the trails are acceptable for walking, jogging, biking, and skating. Trail maps are available in the Highland Parks and Recreation office.

Park Policies

The Town of Highland prohibits the following by ordinance in all park areas: advertising, alcohol/drugs, archery, ATV vehicles, camping/sleeping, defacing park property, destruction of landscape, disorderly conduct, dumping/littering, firearms, fireworks, gambling, glass containers, golfing, harassing wildlife, horses, mopeds, motor vehicles, open fires, snowmobiles, soliciting, and swimming.

Pets must be on leash at all times and owners are responsible for handling pet waste.

Permit holders have priority for shelters.

Please notify the Park and Recreation Department at 219-838-0114 for violations of park policies or if you notice a park facility in need of repair.

Wicker Park

Residents should note that Wicker Park is not operated by the Town of Highland or the Highland Parks and Recreation Department. Wicker Park is governed by North Township, under the direction of Frank Mrvan, Jr., Trustee. The 18-hole golf course and 3-mile walking trail are open year round, weather permitting. Cross country skiing and ice skating is available in the winter. For information call 838-3420.

Parks for Picnics

The following parks are complete with shelters, washrooms, and drinking fountains to make your family or corporate picnic more enjoyable:

Homestead Park: 8000 Parrish Ave.

Meadows Park: 9400 Southmoor Ave.

Sheppard Park: 9217 Liable Rd.

Markley Park: 9505 Saric Dr.

Rentals are on a first-come, first-served basis and can accommodate 1 to 100 people. Fees cover the placement of picnic tables, trash cans, and clean-up. 50-gallon grills can be rented for \$25 depending on availability. Park reservations require 8-day advance notice. No refund given within 7 days of event. All refunds subject to \$3 processing fee.

Rates:

Under 50 people: \$50

51-100 people: \$75

101 and more: \$100

Non Residents: \$50 additional per category

Main Square Gazebo

Main Square Park is the home of Highland's newly renovated gazebo located at 3001 Ridge Road. This is a popular site for weddings. Decorating as well as chairs are the responsibility of the permit holder. A minimum two-hour block is required when making reservations. Electrical service is available upon request. Decorations must be taken down following each event. Due to park programs during May through August the following items may be in the park: tents, picnic tables, bleachers, etc. Only the gazebo may be used as part of the facility agreement. The surrounding park not included in rental.

Fees:

Bride & Groom (both Highland Residents) \$25

One Highland Resident \$50

No Highland Resident \$100

* Driver's license must be shown as proof of residency.

Community Information

Tree Transplant Program

When landscaping your home, consider donating your unwanted trees to the Highland Parks and Recreation Department. Our crews will remove your established trees (trunk must be less than 6-inches in diameter) and fill in the area with black dirt. These trees will be transplanted to park areas to be enjoyed by all. Call the Park Office at 219-838-0114 for further information. This service is only available for Highland residents.

Park Donations

Groups and individuals are encouraged to help improve the Erie-Lackawanna Trail by donating benches, trees, or flower planters. A plaque will be placed to honor your group or to identify the donation as a memorial.

Donation Options:

Flower Planters:	\$1,500
Full Back Recycled Plastic Bench:	\$760
Trees:	\$250

Park and Recreation Board

Meetings

Highland Parks and Recreation Board meets for a study session the first Thursday of each month at 6:30 pm at the Lincoln Center, 2450 Lincoln Street, Highland, IN 46322.

The general meetings are held on the third Thursday of the month at 7 pm at Town Hall, 3333 Ridge Road, Highland, IN 46322.

Lost and Found

When using the Highland Parks and Recreation facilities, leave valuables at home. Do not leave personal belongings unattended such as i-pods, wallets, cell phones, cameras, keys, eye glasses, etc. Highland Parks and Recreation is not responsible for lost or stolen items. Items will be discarded if unclaimed within 3-months. Lockers available, must bring own lock. Locks must be removed when building is closed. Locks left overnight will be subject to removal by building staff.

Open Gym

Every effort is made to make the fieldhouse courts available to as many residents as possible. Tuesdays and Thursdays are reserved for Highland residents only. On Monday, Wednesday, Friday, Saturday, and Sundays Highland residents can bring 1 guest 15 years or older for a \$10 fee. Any non-resident 14 years or younger will be charged a \$3 fee. Guests must be accompanied by a Highland resident upon entering the facility. Highland residents are responsible for the actions of their guest. Friday, Saturday, and Sunday visitors 15 years or older can come on their own for a \$15 fee per visit. Visitors 14 years and younger can come during the weekend for a \$3 fee. Everyone must show a picture I.D. before entering the fieldhouse.

Fieldhouse Operating Hours

Monday-Sunday 8 am-10 pm

Open gym and walking schedules are posted on Mondays outside the Park Office. Occasionally, standing recreation programs and some rentals will preempt the hours of open gym and walking.

Fieldhouse Rentals

The fieldhouse can be rented for conventions or athletic events, and athletic practices. Reservations must be made 8 days in advance. Availability is provided on a first-come, first serve basis for courts and stage area.

Athletic Practice Fees:

\$25/hr. per court* R
\$50/hr per court* NR

Athletic Game Fees:

\$50/hr. per court* R
\$100/hr. per court* NR

*Minimum Rental is 2 hours

Rentals will not be taken from November through March 31 Mondays through Thursdays between 6-10 pm. All other rentals are based on varying rate and are approved by the Park Board and the Superintendent.

R = Resident

NR = Non-Resident

Facility Rentals

Room Rentals

Rooms are available for showers, open houses, meetings, banquets, etc. at the Lincoln Center. Reservations must be made in advance and subject to availability. No same day rentals granted. Reservations must be made in person, no reservations will be accepted over the phone. Alcohol is prohibited by ordinance. All rooms require a 3 hour minimum rental. If available, additional hours may be reserved for an additional fee per hour.

Resident Individual/Business

Classroom (50 people):

\$48 for 3 hours

\$12 extra hour

Double Classroom (100 people):

\$96 for 3 hours

\$18 extra hour

Community Room (70 people):

\$84 for 3 hours

\$18 extra hour



Non-Resident

Classroom (50 people):

\$78 for 3 hours

\$15 extra hour

Double Classroom (100 people):

\$130 for 3 hours

\$20 extra hour

Community Room (70 people):

\$117 for 3 hours

\$20 extra hour

Small Gym

The small gym is available for birthday parties, showers, athletic activities, conventions, etc. This room is carpeted. Groups using the gymnasium for fundraising events must have approval by the Park Board.

General Rates for 3 hours:

75-100 people: \$150

101-150 people: \$175

151-200 people: \$200

201-250 people: \$250

251-350 people: \$300

Additional Hour: \$30

Athletic Activities rates per hour:

Resident: \$20

Non-Resident: \$40

Additional Policies

Any profit making organization charging an entrance fee will be charged an additional \$25 per hour.

Any group renting past 10 pm will be charged an additional \$100 per hour.

A \$100 refundable security deposit is required for rental of the community room, small gym, S-17 and S-21 in addition to the rental fee. The deposit is refunded upon a satisfactory facility inspection & approval from the Park Board.

Refunds

Fieldhouse Rentals: 80% of the fee will be refunded if the refund is requested less than 60 days before the event. No refund will be issued if cancelled within 7 days of event.

Small Gym and Fieldhouse Court Rentals: 80% of the fee will be refunded if the refund is requested less than 30 days before the rental. No refund issued if cancelled within 7 days of event.

Classrooms: 50% of the fee will be refunded if refund is requested less than 30 days before the event. No refund will be issued if cancelled within 7 days of event.

All refunds will be charged a \$3.00 processing fee.